

## C L A I M S

1. Device to carry out physical exercise that comprises a double-sided support (1), with one upper and 5 one lower side, one of which is considerably rigid and the other includes an inflatable flexible element (3) or the like, characterised in that it comprises resting means for the support that allow users to carry out aerobic and cardio exercises and to work on their physical condition 10 in general using the considerably rigid side.

2. Device according to claim 1, characterised in that said resting means are feet (5) that rotate around the support (1) and around a considerably horizontal axis.

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3. Device according to claim 1, characterised in that said inflatable flexible element (3) or the like is detachable and is joined to the support (1) by joining means.

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4. Device according to claim 1, characterised in that said considerably rigid side comprises a contact platform (4) joined to the support (1) by joining means.

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5. Device according to claims 3 characterised in that said joining means comprise a housing (2), which accommodate said inflatable flexible element (3) or the like.

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6. Device according to claim 5, characterised in that said housing (2) comprises means (7) to set the position of said inflatable flexible element (3) or the like.

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7. Device according to claim 5, characterised in that said inflatable flexible element (3) or the like comprises means (8,10) to set its position in said housing (2).

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8. Device according to claim 1 characterised in that said inflatable flexible element (3) or the like is slightly dished.

10 9. Device according to claim 8, characterised in that said flexible element (3), being inflatable, has a rectangular base.

10. Device according to claim 1 characterised in  
15 that said inflatable flexible element (3) or the like comprises the more density or thickest area of the base.

11. Device according to claim 1, characterised in that said flexible element (3), being inflatable,  
20 comprises supports (18) on its base.

12. Device according to claim 3 characterised in that said inflatable flexible element (3) or the like comprises a platform joined to the base.

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13. Device according to claim 2, characterised in that said support comprises gaps (14) to partially scramble said feet (5).

30 14. Device according to claim 1, characterised in that said support (1) comprises means (11) to fix elastic bands for exercises entailing toning up muscles, body building and rehabilitation.

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15. Device according to claim 4, characterised in that said contact platform (4) is manufactured in a point-elastic material that is capable of absorbing and restoring energy.

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16. Device according to claim 1, characterised in that it comprises means (21) to regulate its height.

17. Device according to claim 1 characterised in 10 that said support (1) and said feet (5) comprise means (12) to hold and handle said device.

18. Device according to claim 1 characterised in that inflatable flexible element (3) or the like comprises 15 means (20) to hold and handle it.

19. Device according to claim 1 characterised in that said flexible element (3), being inflatable, comprises at least one valve (19) to modify the pressure 20 inside it.

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